



**WEATHER FORECAST**  
Cebu: Partly cloudy with light rain. 26-32°C.  
Davao: Partly cloudy with light rain. 26-32°C.  
Iloilo: Partly cloudy with light rain. 26-32°C.  
Manila: Partly cloudy with light rain. 26-32°C.  
Mindanao: Partly cloudy with light rain. 26-32°C.  
Quezon: Partly cloudy with light rain. 26-32°C.  
Zamboanga: Partly cloudy with light rain. 26-32°C.

# Second FRONT PAGE

Manila	26-32°C	Subic Bay	26-32°C
Cebu	26-32°C	Palawan	26-32°C
Davao	26-32°C	Visayas	26-32°C
Iloilo	26-32°C	Mindanao	26-32°C
Manila	26-32°C	Quezon	26-32°C
Mindanao	26-32°C	Zamboanga	26-32°C

# Controlling population not DOH's job—Dayrit

By Bianca S. Rivera

It is not the Department of Health's job to provide contraceptives.

This was what Secretary Manuel Dayrit said yesterday after he declined to define the government's family planning program. "It is our responsibility to plan the size of the population, it is not the health department's responsibility to provide contraceptives. That's not our job as secretary of health," he said. "It is the government's family planning program, not the health department's responsibility to provide contraceptives. That's not our job as secretary of health," he said. "It is the government's family planning program, not the health department's responsibility to provide contraceptives. That's not our job as secretary of health," he said.

# Shorter work week, longer car ban proposed

By Cynthia C. Balana

MANILA (PNA)—Secretary of Labor and Employment Jesse M. Espinoza said that the proposed shorter work week and longer car ban are part of a package of measures aimed at reducing the budget deficit. He said that the proposed shorter work week and longer car ban are part of a package of measures aimed at reducing the budget deficit. He said that the proposed shorter work week and longer car ban are part of a package of measures aimed at reducing the budget deficit.

...service requirements of the common population of Manila, about "with difficulty," Dayrit said. ...the population is growing at an average of 1.8 million people every 24 hours. In so many, the country will have 114 million people—the population of Mexico. ...The government, through its past program with Conplan for Manila, has been in a long-term process of planning a long-term car ban. ...The government is convinced that it will be able to provide the social

# GMA won't explore oil deal with China

By TJ Burgeon

A POSSIBLE joint oil exploration between the Philippines and China in the disputed Spratly Islands will not be part of President Gloria Macapagal-Arroyo's agenda after she met China on Sept. 1 or 2, foreign officials said.

The President, who is leaving tomorrow for the three-day state visit, will hold bilateral talks with Chinese President Hu Jintao. ...The President, who is leaving tomorrow for the three-day state visit, will hold bilateral talks with Chinese President Hu Jintao. ...The President, who is leaving tomorrow for the three-day state visit, will hold bilateral talks with Chinese President Hu Jintao.



**Philippine Overseas Telecommunications Corporation**

**PHILCOMSAT**

## NOTICE TO THE PUBLIC

In the Order dated August 11, 2003 of the Securities and Exchange Commission is attached with SEC Case No. 02-03-03, the Commission upon the validity of the annual shareholders' meeting conducted by the Philippine Overseas Telecommunications Corporation (POTC) held on August 5, 2003, and the annual shareholders' meeting of Philippine Communications Satellite Corporation (Philcomsat) held on August 5, 2003, both led by Atty. Ramon C. Nolasco.

Pursuant to the declaration of validity, both led by the members of the Board of Directors and Corporate Officers of POTC and Philcomsat, respectively:

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Secretary	Lito L. Lora
Asst. Secretary	Adela Estrella G. Saldaña

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Vice-Chairman	Enrique L. Lora
President	Manuel D. Anala
Vice-President	Cecilio A. Pabillon
Treasurer	Manuel D. Anala
Secretary	Lito L. Lora
Asst. Secretary	Adela Estrella G. Saldaña

## Cruz vows to help soldiers

By Arlene Pope

IN THE last week before the end of the Armed Forces of the Philippines (AFP) 50th anniversary celebration, the Department of Defense (DoD) announced that it will provide a one-day work schedule for all AFP members and their families. ...Cruz vowed to provide a one-day work schedule for all AFP members and their families. ...Cruz vowed to provide a one-day work schedule for all AFP members and their families.



## George Bush to help soldiers

By Arlene Pope

NO TO SECOND TERM FOR BUSH. Promotion of Church People's Response members from Manila and Washington to the United States embassy in Manila yesterday to protest President George W. Bush's re-election. Their action coincided with the annual anniversary of the September 11 attacks in New York City, site of this week's Republic National Convention.

## RP, Malaysia set military exercise

MANILA (PNA)—The Philippines and Malaysia are planning a joint military exercise and have agreed to joint trainees in strategic areas in the two countries, the official Jakarta news agency reported here Monday.

The moves come amid a drive by both countries against armed groups operating in the combined border areas of the Philippines and the eastern part of Malaysia's neighboring island state of Sabah.

Malaysia's army chief Gen. Mohd. Yusoff said that the Philippines and Malaysia have agreed to joint trainees in strategic areas in the two countries, the official Jakarta news agency reported here Monday.

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## Grenade hurled at drugstore; 1 hurt

MANILA (PNA)—A grenade exploded in a drugstore on Monday, slightly wounding one person and causing a fire in the store. ...A grenade exploded in a drugstore on Monday, slightly wounding one person and causing a fire in the store. ...A grenade exploded in a drugstore on Monday, slightly wounding one person and causing a fire in the store.





# REAL ESTATE

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Editor Cesar D. Mangawang



VISUAL appeal and functionality interplay at the Pavilion's design.

## EDSA CENTRAL REBIRTH

# Putting a new face to an enduring landmark

By Charles E. Buban

**T**HE OPENING of Edsa Central Shopping Complex in the '70s marked the beginning of a concept called "midway point" wherein travelers either going to work or back home could go some place halfway their destination to shop, dine or just relax.

Ever since then, Edsa Central has become a people magnet, a fact that has contributed to the transformation of Edsa and Shaw Boulevard intersection into one of Metro Manila's busiest districts.

The area around the complex is no longer just a large patch of grassy land and few office buildings like it was many years ago.

These developments have happened:

- New establishments have risen.
- The intersection is now very busy because of the Edsa Metro Rail Transit.
- The volume of people has risen exponentially in the last few years.

Because of these, Greenfield Development Corp., the property development firm that owns and manages the shopping complex has taken the bold step in providing a more modern and convenient commercial hub.

Today, travelers, shoppers and bargain-hunters alike will be delighted to see that Edsa Central is now bigger and better to serve the ever-growing market.

### Major transformation

This is Edsa Central's major transformation since it opened in the '70s. The 8-hectare property is being redeveloped through several phases among which is the major makeover of the main mall, the three-level New Edsa Central Pavilion and the improvement of the Edsa Central Station, formerly the MRT Station Mall.

As the primary focus of the initial phase of the redevelopment, the Pavilion will carry the banner of the whole commercial complex, a reason Greenfield tapped the services of one of the country's leading architects, WV Coscolluela and Associates.

One of the major hurdles that the firm had to consider in the main mall's makeover was how to make use of the existing structure to mini-



MORE than 3,000 sq m of space was provided to the Food Central at the second level.

mize cost as well as how to merge it seamlessly into the Edsa-Shaw station of the Metro Rail Transit now known as Edsa Central Station.

"As you know, it's always easier to plan from scratch, where ideas are more freely expressed. Having to do with plans with existing limitations are always considered difficult and a big challenge for us architects," shared principal architect William Coscolluela.

### Latest trend

The design concept throughout the Pavilion's close to 23,000-square-meter total floor area follows the latest trend in shopping center design wherein there is the balance between visual appeal and functionality.

"They must offer spacious ground floor, provide tenants maximum exposure whatever level they may be located, impart new experience to shoppers, and people must be able to conveniently navigate inside," explained Coscolluela. The design must give equal concern for both tenants and shoppers.

Indeed, the new design provided the Pavilion a cavernous interior so that people can see more store façade (even those located at the second and third level). An entrance feature was constructed complete with water features, planters and benches to serve as a rest stop for busy and weary customers.

For effective customer traffic circulation, escalators were provided on both ends of the Pavilion.

On the second level, the Food Central occupies more than 3,000 sq m of space. It is dotted with fast-food restaurants and stalls to give mallers a pleasant dining experience.

"Those who prefer an al fresco setting can have their meal at the balcony that overlooks the entire Edsa Central or on the other side, the whole stretch of the retail spaces at the lower level," revealed Coscolluela.

### Linkage to MRT station

The linkage to the MRT station was also given utmost consideration in the design of the Edsa Central Pavilion.

"The main mall's connection to the station (Edsa Central Station) must be seamless so we employed design patterns not too different to the MRT station's designs," explained Coscolluela.

Considering the tight space, curve lines were introduced in the interior space of the Edsa Central Pavilion, which provided the spacious look.

"The curved roof with specially designed trusses gave the interior the required grandeur: an airy, expansive, illuminated feel," shared Coscolluela.

The continuous frosted glass clerestory on both sides helped provide brightness of the interior.

The air-conditioned structure was built with reinforced frosted glass as windows and a curved ultra-high ceiling to give the mall fresh, expansive look.



THE NEW design provided the Pavilion a cavernous interior.



FOR better traffic circulation, escalators were provided.



# Gov't prescribes higher power rates, new taxes

It's not just the power rates that will go up. It's also the taxes. The government is prescribing higher power rates and new taxes to raise revenue for the 2004 budget.

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PHOTO BY JIM LEE

## Political issues

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# The WORLD

Editor: Lawrence B. Sauter

## Over 100,000 protesters in NY urge ouster of Bush

NEW YORK—More than 100,000 protesters marched through the streets of New York City on Sunday to vent their anger at President George W. Bush on the eve of his Republican party's four-day national convention.

From one museum to another, and they are in sight of the United Nations, the crowd moved from the Lincoln Center to the Lincoln Center to the Lincoln Center.

"It's the same kind of message that we received in Vietnam," said James Beane, dean of studies at St. Francis College in Brooklyn, marching with other Vietnam veterans for one more day in the city.

"It's like this is the last day," he said. "Based on this, we may see one more day, and we're fighting an insurgency we cannot defeat."

Rebecca Mullen, 52, who traveled all night with her husband from Akron, Ohio, to demonstrate for better health care, said "the message we took to the streets was all the people that we do."

Protesters moved through the city, from the Lincoln Center to the Lincoln Center to the Lincoln Center.

"It was a massive protest against the Bush agenda," said Bill Biehn, spokesman for United for Peace and Justice, the umbrella protest organization that staged the rally.



APPROXIMATELY 100,000 people gathered for a protest organized by the United for Peace and Justice in New York, Aug. 20, the eve of the Republican National Convention on Aug. 31 in Madison Square Garden.

He said more than 100,000 people turned out for the rally, a figure which could not be verified, while police declined to give a number.

In New York's Greenwich Village, a group of about 100 protesters gathered to protest the war in Iraq. They held signs and sang songs.

"United Nations" was George W. Bush and was on the right. James Beane led the four words of the march, which appeared to go off without incident.

"The majority of the country seems to be on the Bush administration and it's time to have our country back," Beane said.

And then a new banner at the front, in white, was displayed for the convention, with some 100,000 people displayed, as well as some and other efforts, then police had responded to the march during the march.

Police reported making 11 arrests on Sunday but gave no details beyond saying that most were for minor offenses. "Nothing very heavy," a police spokesman said.

Although protest activity was high, the march itself had the feeling of a protest party in Times Square. Demonstrators, many people brought their own food.

Police officers stopped photos of the protesters from being taken from the crowd from the crowd from the crowd.

Despite the heavy turnout, Republicans were angry to see they were in a line of the city on Sunday that will likely force Bush and Vice President Dick Cheney to the party.

Cheney arrived for the convention on Sunday, welcomed by Republican New York Gov. George Pataki and former mayor Rudolph W. Giuliani, who was seen for the first time since the Sept. 11, 2001 attacks. AP

## Kremlin bet voted Chechnya president

MOSCOW, Russia—The Kremlin announced Sunday police officers arrested Chechen rebel leader Aslan Maskhadov on Sunday in a move to ouster him from power. The move is seen as a bet that Maskhadov will be voted president in the upcoming election.

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# RP-US troop exercises target 'narcoterrorism'

**MANILA (GMA)—**American and Filipino soldiers and anti-drug personnel performed a series of joint military exercises in the Philippines called *antiterrorism operations* at Camp Aguinaldo in La Trinidad, Benguet, and the Philippine Military Academy here as well as at the Public Safety College Regional Training Center in Marikina City.

The exercises, dubbed as *Iskolar Puno*, will be the first in the series of exercises in the country considered one of the major hotspots of drug-related terrorism. The exercises are the first in the series of exercises in the country considered one of the major hotspots of drug-related terrorism.

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of the art technology like geographic positioning systems (GPS), GPS is a technology developed in satellite which help locate persons, direction or location area.

"Iskolar Puno 2008 is designed to enhance the cooperation between the military, police and intelligence," the Camp Aguinaldo statement said.

"It will improve their abilities to identify and prevent violence, manage casualties, gather intelligence and conduct other night missions."

The Philippines is one of the three largest producers of anti-terrorist intelligence in the world, according to the United Nations world drug report.

The report coordinated by the UN Office on Drugs and Crime said the Philippines, China and the Philippines are the main sources of drugs.

Studies from the Philippines go on Australia and Indonesia. Frank Corrales, PhD director of the Center for

## Army says it rescued 'lumad' couple from NPA

**CAGAYAN CITY.**—The military on Sunday rescued a *lumad* (tribe) couple from the New People's Army (NPA) in the mountains of Negros Oriental.

Col. Eduardo del Rosario, commander of the 1st Division, said the couple was rescued from the NPA's hands in the mountains of Negros Oriental.

After the rescue, the couple was taken to the military base in the mountains of Negros Oriental.

The couple was taken to the military base in the mountains of Negros Oriental.

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## Laguna traders exploit floods, jack up prices

**MANILA (GMA).**—Some businessmen in Laguna were observed to be exploiting the flood situation to jack up prices of basic commodities.

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## Chavit backs Ping on pork abolition

**MANILA (GMA).**—Sen. Chavit Sison has expressed his support for the proposal of Sen. Ping Lacson for the abolition of the pork barrel.

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## SPORTS

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Editor: Teddy A. Alvarado



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# Buenavista closes out RP debacle

## Filipino marathoner 67th

By Arsenio S. Espinosa Jr.  
News Editor

**A**THENS—Long-distance runner Eduardo Buenavista closed out the Philippine participation in the 2008 Olympic Games Sunday in typical fashion—near the rear end.

The marathon, final event of the Games, provided the final stage for a Philippine debacle that shut an area before the Games of the 28th Olympic closed at the Olympic Stadium. It is an eight-hour party after 16 days of competition.

The 4:00:11 marathon started near the rear of the pack, except there throughout the race and its aftermath.

Indeed, just finishing the marathon already a struggle for him. He started his left calf muscle in the first few kilometers and made the trip to quit after 30 kilometers.

"That's how I felt. I just walked the point," he said.

Buenavista dragged himself into 67th place out of 81 finishers and 100 runners, who struggled through the hilly terrain from Marathon outside Athens in two heats, 20 minutes and 10 seconds. He crossed the finish line at the ancient Panathenaic Stadium more than 17 minutes after Italy's favorite finished, the top runner.

He also took the lead from the following American line of finishers, who were earlier attacked by a sprinter while leading the race, with some few kilometers left until the final line at 2:12:15.

Buenavista, 36, began the United States' pursuit of the lead, but to take the lead at 2:11:20.

The line, held on, failed to the bottom within a time of 2:11:11, lucky to be in the middle after a quarter mile.

He was leading the race with 10 kilometers to go, the race more than 20 minutes ahead of Buenavista and Kiberga.

When a man in a white and blue uniform across the course and pulled him down into the crowd.

The marathoner was not injured and he picked himself up to resume the race, but his head was shivering as what had been described as the only finisher in security throughout the Games.

The marathoner, who finished at the stadium where a Greek runner.



**ON TO BEIJING 2008**

Fireworks, sports and new Olympic Stadium in Athens during the closing ceremony on Monday morning (Marina) of the 2008 Olympic Summer Games. Earlier, Beijing Mayor Wang Qizhong welcomed the Olympic flag from IOC president Jacques Rogge in a ceremony symbolizing the Chinese capital's acceptance of its hosting character for the 2008 Games.

**'NC,' Olympic stories on A21**



ATHENS 2004



The marathon (13:44:11) Filipino walked in the Athens stadium heat, which began the participation of 30 athletes in the race to Marathon, southeast of Athens. His leg began to hurt when he was about 10 kilometers from the finish line.

He had only a week in Athens to prepare, and his training was not enough to finish the marathon.

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**'AWAKENING' IN ATHENS**

## Heart-warming, heartbreaking

(First of two parts)

By Arsenio S. Espinosa Jr.

**A**THENS—It was light and hot for the Philippine team in Athens on the Olympic Games. There was a good mood, signaling the end of the 2008 Olympic Games.

It was a heartwarming and heartbreaking moment for the Philippine team, as they were the only team to finish the race.

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## LIFE STYLE

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Editor Chela Bana-Purman

MONDAY ARTS &amp; BOOKS • TUESDAY FITNESS • WEDNESDAY 18U • THURSDAY FOOD •



Illustration by John Lee

## What's eating you?

**L**AST week, I met two ladies who told me about their friend who wouldn't eat anything unless he knew how many calories the food contained, who did not taste his own mother's cooking, who rarely ate out because he had no control over the food, and who spent Sunday afternoons planning his next week's meals down to the last calorie.

The friend could have been simply very particular about his nutrition, but then again, he could have an eating dysfunction.

Although I have written about eating dysfunction before, it seems a good idea to revisit the topic because many people don't realize that rigid and inflexible behavior could lead to an eating disorder.

### WELLAND GOOD



Tina Jaramila

Eating dysfunction covers a range of behaviors from healthy habits to a full-blown disorder like bulimia or anorexia. If people are not aware of their dysfunctional eating behavior and do not try to change, their habits can be brought to the extreme.

### Signs of dysfunction

Researchers at the University of Arizona developed the "Eating Attitudes and Behavior Change Questionnaire" to help people determine if they have a dysfunctional eating pattern. Most everyone fits neatly into one category. Most people have habits that characterize different eating styles.

The following version was adapted from the original by researcher Sheri Wolfe of the University of California, L.A. She says the goal is to be in the "concerned in a healthy way" category.

#### Food is not an issue:

- I am not concerned about what or how much I eat.
- I feel no guilt or shame no matter what I eat or how much I eat.
- Exercise is not really important to me.
- I choose food based on cost, taste and convenience, with little regard to health.
- My eating is very sporadic and irregular.
- I don't worry about meals; I just eat whenever I can.
- I enjoy stuffing my face with lots of tasty food at restaurants, holiday meals and social events.

#### Concerned in a healthy way:

- I pay attention to what I eat to maintain a healthy body.
- Food and exercise are important in my life, but they only occupy a small part of my time.
- I enjoy eating, but I balance my pleasure with eating with my concerns for a healthy body.
- I totally eat three balanced meals daily, plus snacks, to fuel my body with adequate energy.
- I am moderate and flexible in my goals for eating well and being physically active.
- Sometimes I eat more (or less) than I really need, but most of the time I listen to my body.

#### Obsessed/preoccupied:

- I think about food a lot.
- I'm obsessed with reading books and magazines about dieting, fitness and weight control.
- I sometimes miss school, work and social events because of my diet or exercise schedule.
- I divide food into two categories—good and bad.
- I feel guilty when I eat "bad" foods or when I eat more than what I feel I should be eating.
- I am afraid of getting fat.
- I wish I could change how much I want to eat and what I am fit for.
- Disruptive eating:**
- My food and exercise concerns are starting to interfere with my school, work and social life.
- I use food to comfort myself.
- I have tried diet pills, laxatives, vomiting or other time-consuming ways to maintain my weight.
- If I cannot exercise to burn off calories, I panic.
- I feel strong when I can restrict how much I eat.
- I feel out of control when I eat more than I want to.





